



Press report 15th September 2020



Ilford Back on track Ilford AC Athletes are still scrambling about trying to find track races before Winter sets in 6th September Newham Sprints Meeting Wanya Williams and Efe Adjarho both ran 100m races, once again the conditions were very windy a certain times of the day. Wanya ran a wind assisted 11.57 and a legal 11.83, Efe managed 13.54. 10th September Open Meeting Harrow Four athletes made the long journey across to Harrow and they were all rewarded with personal best times for 3000m. Danny Holeyman ran 10.36.73



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knocking 2 seconds off his best. Joseph Grange ran really to knock 55 seconds off his best with a time of 10.07.45. Inspired by his dad Ryan Holeyman knocked off even more than Joseph with 66 ...[Read more](#)

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Back on Track With some covid restrictions being slightly lifted a few athletes have finally managed to get in a few races, here is a roundup of what's been happening. First out of the



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blocks was Krystle Balogun who ran a 200m at Lee Valley on 16th August in a time of 27.52. A week later it was over to Mayesbrook Park for a 100m, unfortunately the wind was very unpredictable, which meant some of the races had a tail wind which was over the allowable limit. Krystle had two runs in 13.04 and 13.17, with the latter, being with a legal wind. Also taking part were Esmeralda Mengeyele 12.93 and 13.03 both above limit and Efe Adjarho 13.86 and 13.92. On the men's ...[Read more](#)

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The Chelmsford 'Mile of Miles' which is normally held on the track was held this year in a completely different format due to the ongoing covid restrictions. The event was held at Writtle college on a multi terrain course which allowed for social distancing. The races were spread out over the course of five hours with each race consisting of 6 athletes going off at 6 minute intervals. It was an Impressive day for the Grange Wrights as they picked up three wins. The first race for the three was Joseph Grange's(13) who ran in the U15s race. He won in 5:26 leveling his PB. Next was Jak Wright who attacked his over 20 race strategically, going of slow to out sprint the opposition on ...[Read more](#)

[Press Report 4th August 2020](#)



Ilford AC 5K Champs Barking Park Saturday 1st August 2020 The Ilford AC 5k Champs were able to take place this year with careful planning, stringent risk assessments and a slight change of format. Whereas normally all athletes would have set off together and first past the post wins, this year's event was held as a 'handicap' with runners set off singly at timed intervals with prizes for first finishers and fastest runners. Barking Park was chosen as this year's venue due to its wide paths and long straight sections, and a sunny morning greeted the 38 participants and throng of time keepers and marshals from the club socially distanced around the course. For the ladies Kim Baxter was the first past the post and first ...[Read](#)



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The England Athletics 5k virtual road running Champs 2020 took place over the period of 11th - 13th July. 2 Ilford athletes took part in the event, which involved athletes from all around England, and they socially distanced by running 2 miles and 5 hours apart. First out of the blocks was Trevor Robinson with an early 7:49am start. Trevor's run took him on and out and back course down Crow Lane and Oldchurch road and he was pleased with his finishing time of 24:28 which placed him 1,425th nationally. Later in the day Danny Holeyman set off with his official photographer, son Ryan, in pursuit on a bike at 12:56pm. Danny's route took him down Pettits Lane, Eastern Avenue, Main road and ...[Read more](#)

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The Essex 6 - 12 stage relays are held every July in various Essex locations, however as with many races this year the event, although cancelled as a mass participation event, went ahead as a virtual event meaning Ilford AC could once again put themselves up against the best runners Essex had to offer The relay consists of long legs at 5 miles, and short legs of 5k. A scoring men's team had to have 6 runners going long and 6 going short, whilst the ladies scoring team consisted of 2 on the long leg and 4 on the short leg. Ilford AC entered 2 men's teams and 3 ladies' teams. The run could be done any time over a 3 day period ...[Read more](#)

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Essex County Relay Championships Colchester 15th March 2020 A great day for Ilford senior men's relay team Over 120 teams descended on Abbey fields in Colchester on Sunday morning for the annual running of the Essex Relay Open and Veteran Championships. Held in almost ideal conditions for running, Ilford AC ran out Gold medal winners in the Male open event in a combined time of 1 hour 5 minutes and 48 seconds beating their nearest rivals and host club Colchester Harriers by 1 min and 10 seconds for the 4 runners. Each leg consisted of a 3.2 mile lap and 34 teams competed Paul Grange on the opening leg had an excellent start for the team chasing home Strange of Basildon in 16:10 placing the team 2nd ...[Read more](#)

[Press Report 10th March 2020](#)



CAU Inter County Championships (Inc British Athletics Cross Challenge) Loughborough 7th March 2020 Six Ilford athletes had qualified to represent Essex in the UK inter county cross country championships held at Loughborough on Saturday, however due to injuries and

University pressures only three were available to travel on the day. All three though performed well and did their County and club proud. The first 2 Ilford runners off were in the 6k U17 men's race and Bradley Deacon, representing his county for the first time ran a tremendous 24 minutes 35 seconds to place 163rd, and was very closely followed by team mate Jak Grange-Wright who placed 173rd in a time of 24 minutes 43 seconds. Next up in the 3.5k U13 men's race was in ...[Read more](#)

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Essex 20 Rochford Sunday 1st March The Essex 20 mile championship was held on a sunny but breezy Sunday morning over a 3 lap course. There was a squad from Ilford Ac in action as part of their preparations for the forthcoming spring marathons. With an inter-counties match between 10 southern counties incorporated in the event the racing was of a high standard. Paul Holloway led the way for the club taking the county title and gold medal in the M50 category in a new personal best time of 2 hrs 4 mins 28 secs for 28th overall. He was supported by Sam Rahman who showed he is on target for a good run in the London Marathon in 34th spot with a new ...[Read more](#)